

What's Cooking, Dublin?

June, 2021

Food Focus: Melon

- Melons **grow on vines**, taking up to 90 days for fruit to fully develop
- Honeydew contains **vitamin C** and **copper**, which help promote healthy skin through collagen production and tissue repair
- Watermelon is **over 90% water**, making it a nutritious snack that **helps keep you hydrated** during the warm summer months
- **Ancient Egyptians** have been growing melons since **2000 B.C.**
- **Spanish settlers** introduced melons to the Americas during the **1400s**
- **Japanese farmers** have started growing melons in the shape of **hearts and emojis**
- The **Yubari King** is the **most expensive melon in the world**. They're only grown in a small region of Japan, and two recently sold for **over \$20,000!**

Our Culinary Team

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Just Keep Swimming, Just Keep Swimming

Finding 60 minutes for exercise each day can be a challenge, especially when we're stuck in the same, boring routine. Swimming offers a low-impact, total body workout, and summer weather means we can enjoy some time outside.



Total Body Workout: Swimming engages almost every major muscle group, requiring use of our arms, legs, glutes, and core. The water provides a perfect amount of resistance that our bodies can adjust to at its own pace. Swimming is also a great aerobic exercise because it engages our heart, lungs, and entire cardiovascular system.

Low-Impact: Exercise can be hard on our joints, especially for pregnant women and people with arthritis, physical and mental disabilities, recovering injuries, and asthma. The water keeps limbs buoyant, helps support body weight, and helps keep us cool.

Mood Booster: Exercise releases endorphins, which are hormones that improve our mood and make us feel happy. Swimming is a great way to relieve stress and redirect the mind away from troubling thoughts. Regular exercise is also shown to improve sleep, which will help anyone experiencing insomnia.

Summer Meals at Dublin City Schools



We're still serving up happy and healthy this summer! All children 18 and younger (even if they don't attend DCS) are eligible for a FREE breakfast and lunch every day. We will have at least 2 vegetarian and 1 gluten-sensitive options available every day, and Friday pickup will include a weekend pack to cover Saturday and Sunday.

Monday-Friday from 11:30am – 1:00pm:

- Bailey Elementary** – 4900 Brandonway Drive
- Deer Run Elementary** – 8815 Avery Road (first building)
- Olde Sawmill Elementary** – 2485 Olde Sawmill Blvd
- Riverside Elementary** – 3260 Riverside Green Drive

serve.

Watermelon Cucumber Salad with Feta & Mint

Ingredients:

- 3 cups watermelon, cubed
- 1 ½ cups cucumber, sliced
- 2 Tbsp mint, thinly sliced
- 1/3 cup feta, crumbled
- 2 Tbsp olive oil
- 1 Tbsp lime juice
- Salt and pepper to taste

Remove the rind from one small or ¼ large watermelon. Cut watermelon into 1-inch cubes and place in a large bowl. Next, slice one large cucumber, cut slices in half, and remove the seeds for better texture. Add small or thinly-sliced mint leaves and cucumber to the bowl. In a small dish, whisk together olive oil, lime juice, salt, and pepper. Drizzle the dressing over the mixture and toss evenly to coat. Top with crumbled feta and serve immediately. Makes four servings.

Nutrition per serving: 168 calories, 10 g carbohydrates, 2 g protein, 13 g saturated fat, 11 mg cholesterol, 815 mg sodium, 8 g sugar, 17% DV vitamin A, 16% DV vitamin C, 8% DV calcium; [Htpps://www.dinneratthezoo.com/watermelon-salad](https://www.dinneratthezoo.com/watermelon-salad)



happy.

South Drive-In Theatre

Did you know that Columbus has a drive-in movie theatre?

Located at **3050 S High Street**, the South Drive-In Theatre has two different screens that play a **double-feature every night**. Not only does the South Theatre play **new movies** like *Cruella* and *A Quiet Place 2*, but they also screen **familiar favorites** like *E.T.*, *Top Gun*, *Clueless*, and *Nightmare on Elm Street*. They also host family events!



Ticket Prices:

Age 0-4: Free!

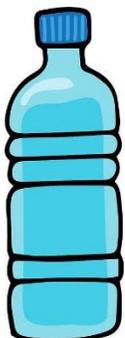
Age 5-11: \$2

Age 12+: \$7.50 Sunday-Thursday, \$9.50 Friday-Saturday



healthy.

Happy National Hydration Day



DRINK
MORE
WATER

- **June 23rd** is National Hydration Day
- Did you know that **we can only survive 3-10 days without water?** Even Mahatma Gandhi drank sips of water during his famous 21-day hunger strike
- Water regulates body temperature, lubricates joints, protects the spinal cord, flushes waste, and improves brain function—**way to go, H₂O!**
- Over **75% of Americans are chronically dehydrated**, with an average intake of 2 ½ cups per day. This is **MUCH** lower than the **recommended 8-10 cups**
- The thirst response is only triggered after you're already dehydrated, so **feeling thirsty means you're REALLY thirsty!**